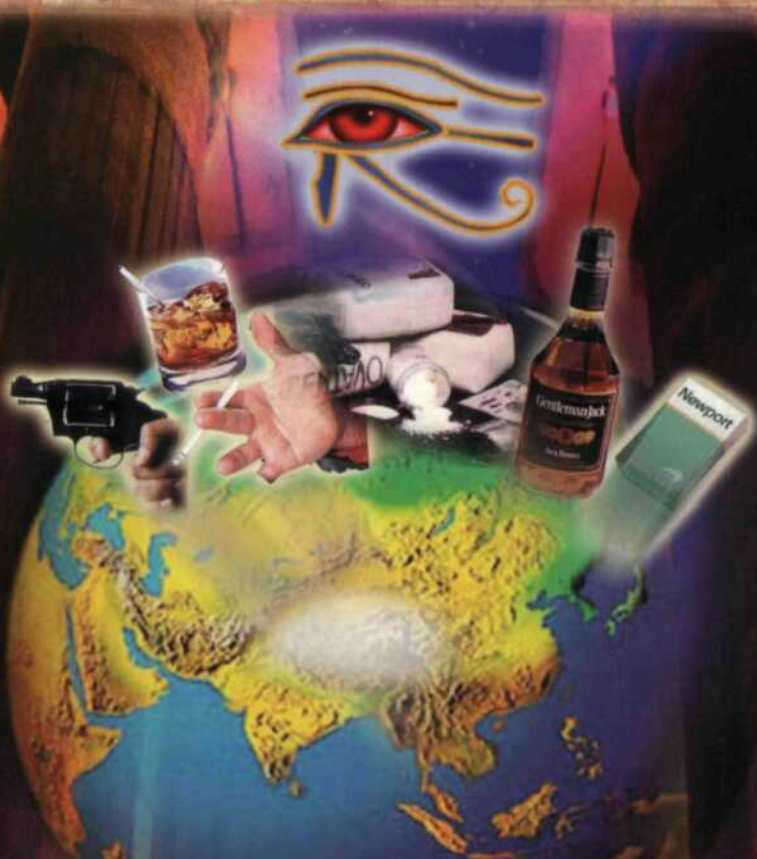


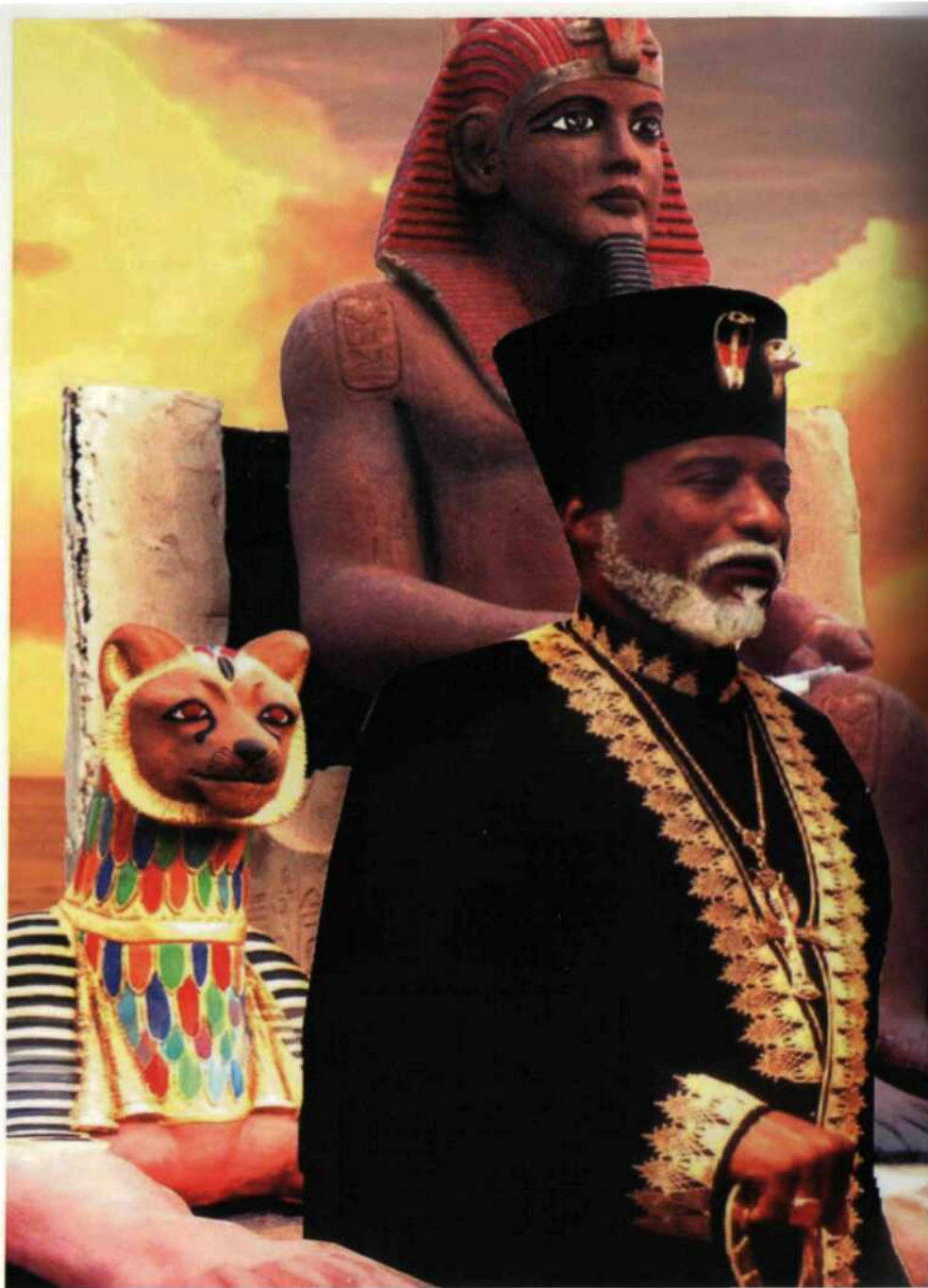
A Guidance From The Masters




# The Egyptian Way To Overcome Bad Habits

The Ancient Egyptian Order,

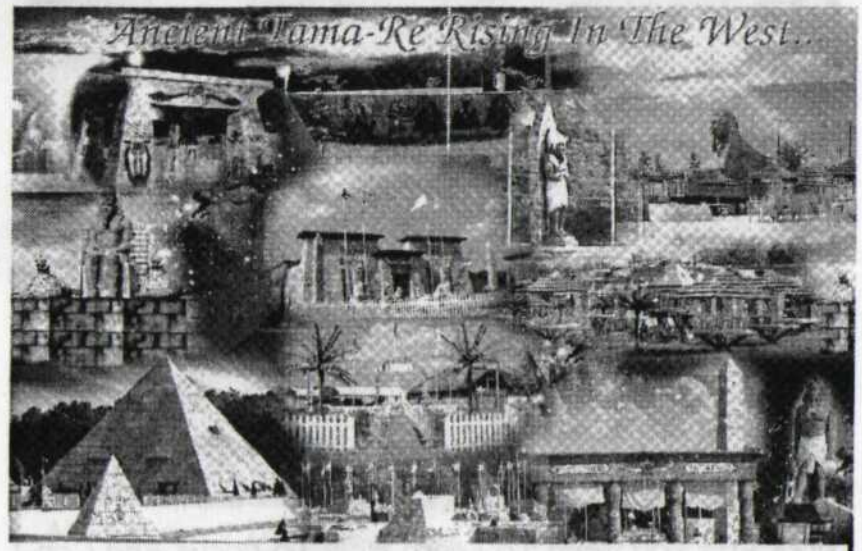




**The Supreme Grand Hierophant:**  
**AMUNNUBI RAAKHPTAH**  
**NETER A'AFERTI ATUM-RE**



*The Egyptian Way To Overcome Sad Habits*



*Ancient Tama-Re Rising In The West..*

**The Beautiful Holy Land of Tama-Re , in Atlantis,  
 Within the Heart of Eatonton Georgia. I**

Habits, Good Or 5ad Make Or Break You More Than You Are Willing To Admit. Habit Is Both A Powerful Enemy And Wonderful Ally of Concentration, Rehabilitation, Changing Your Bad Or Addictive Habits, Or Getting New Habits. **Re** Means "*Again*", Re-Habitual. Habitual Is A Habit That Is Out Of Control, Redundant, *Something* Done Over And Over Again.

According To The American Heritage Dictionary, The Word "**Habit**" Comes From The Middle English, Prom Old French Habitus, From Past Particle of Habere "To Have",



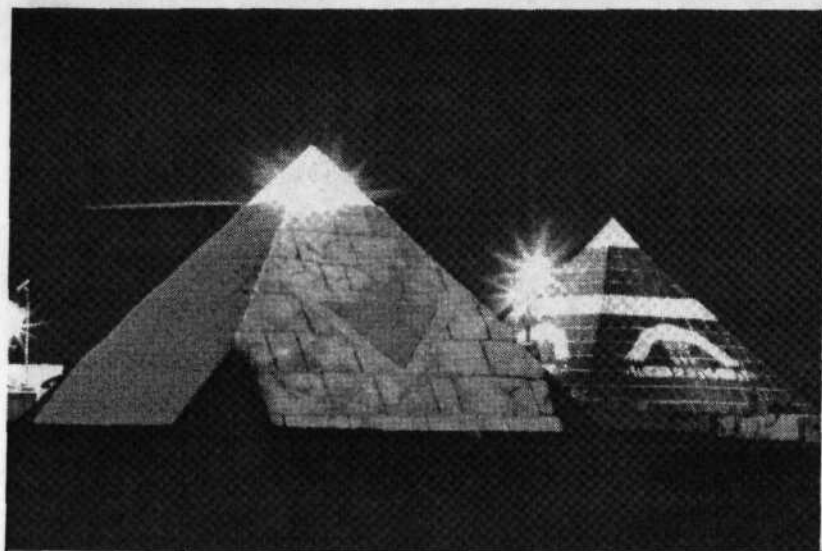
## *The Egyptian Way To Overcome Baa Habits*

And The Word Rehabilitation Comes From Medieval Latin Rehabilitare, Meaning *"To Restore To A Former Rank"*, Latin Re Habilitare *"To Enable"*.

You Must Learn To Overcome Habits, Which Are Injurious To Concentration, And To Cultivate Those, Which Increase It. by Taking Control Of Your Mind, body, Soul And Spirit, Will Obey You. It's Your Longing Or Wants For Anything Or Reasons That Creates A Lack Of Self Or Spiritual Control. It's The "Me" Or "Ego" That Controls The Emotional You, Your Soul. To Control Spirit And Soul Is To Control Emotions And Desires And You Need To Learn How To Focus And Concentrate.

Most People Are Controlled by Their Habits. What They Fool Themselves Into Thinking is That It Needs, Yet they Are buffeted Around by Their Habits Like A Shut Feather In The Winds Of Shu, Tossing Freely About, Out Of Control. Even To The Point Of Going Out Of Their Minds. They Do Things In A Certain Way because Of The Power Of Habit. They Seldom Ever Think Of Concentrating On Why They Do Them. Why they do them this Or That Way, Or To Hurt Them-

## *The Egyptian Way To Overcome Bad Habits*



**Allow Yourself The Opportunity To Reflect And Make Contact With Your Ancient Tama-Reyeaat, Ancestors as You Make Your Sacred Egyptian Initiation**

selves Or Others, Or Study To See If They Could Do Them In A Better Way, Or Do Without Their False Needs. Now My Plan In This Scroll Is To Get You To Concentrate On Your Habits So You Can Find Out Which Are Good And Which Are bad, Healthy Or Unhealthy For You. You Will Find That by Making A Few Needed Changes You Can Make Even Those That Are Not Good For You, Of Service; The Good Habits You Can Make Much better. A Good Man is Made better Through Self Help, And Im-

## The Egyptian Waif To Overcome Bad Habits



The Supreme Grand Hierophant

## The Egyptian Way To Overcome Bad Habits

provement Building A Better You.

The First Thing I Want You To Realize Is That All Habits Are Governed Consciously Or Unconsciously by The Will. Most Of You Are Forming New Habits All The Time. Very often, If You Repeat Something Several Times In The Same Way, You Will Have Formed The Habit, Doing It That Way Or This Way Always Leads To Doing Things My Way, Me First.

It Becomes What Is Known As Habitual, And If It's Disturbing To Others You Are Called "Obnoxious". This Repeated Action Wins You The Title "Pain In The Butt", but The More You Repeat The Stronger That Habit Grows And The More Deeply It becomes Embedded In Your Inner being, Your Soul, Which Manifests As Your Nature. After A Habit Has been In Force For A Long Time, It Rules The Person. That being Loses, Self Control. It becomes A Part Of You, And Is Hard To Overcome As You Let It, because Deep In The being of Each of You Is The breath of Divine Life, A Neter, "Deity" Just Waiting For You To Call On It, To Raise It. Let The God In You Take Over. Know That You Are The God In You. Take Control Of All Habits. But You Can Break Any Habit By



### *The Egyptian Way To Overcome Bad Habits*

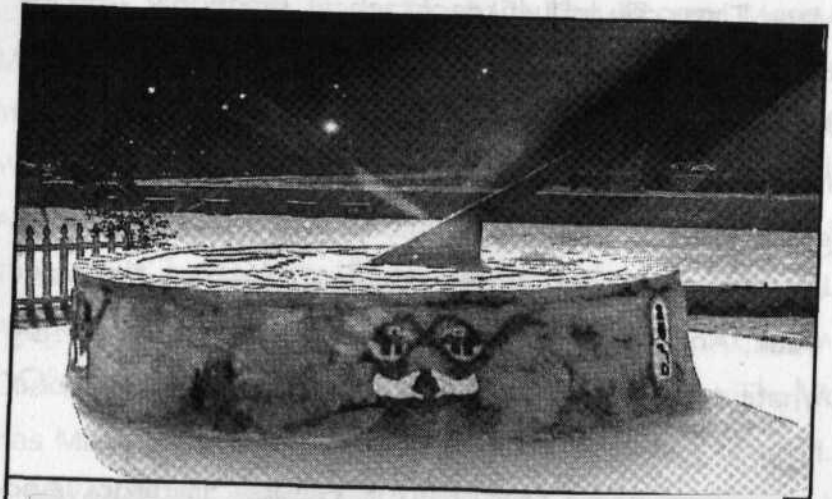
Strong Concentration On Its Opposite, And The Worst Thing That You Can Let Happen To You Is To Let Others Influence You, And You Fall Into Their Habits, become A Part of Their beliefs And Wants. Following A blind Soul Or Worst Of That, A being That Has No Soul Or True Purpose, but Evil And Destruction.

All Your Life, So Far As It Has Definite Form, Is but A Mass Of Habits, That Are Not Just All Yours, but



The Sphinx Located At The Beach. Of The Holy Land Eatonton, Georgia


### *The Egyptian Way To Overcome Bad Habits*



The Sun Dial On Holy Land Tama-Re At Eatonton Georgia




"Pa Dub" The Scarab On The Holy Land Tama-Re At Eatonton Georgia



### *The Egyptian Way To Overcome Bad Habits*

Many Times, by Influences, Practical, Emotional, And Intellectual Control. You Conform To Other man Self And Kind. You Give Into Their Image Of God, Which Immediately Makes You The Devil. You Accept Their Religious Beliefs, Their Languages, And Their Lifestyles. You Become Dead, Systematically Organized, For Your Weak, And Bearing You Irascibly Toward Your Destiny Whatever The Latter May be, Good Or bad, Success Or Failure.

You Are Creatures Of Habits, "Imitators And Copiers Of Your Past Selves." You Are Liable To be bent Or Cursed As You Can bend A Piece Of Paper, And Each Fold Leaves A Crease, Which Makes It Easier To Make The Fold There The Next Time. The Intellect And Will Are Spiritual Functions; Still They Are Immersed In Matter, And To Every Movement Of Theirs, Corresponds A Movement In The brain, That Is, In Their Material Correlative. This Is Why Habits Of Thought And Habits Of Willing Can be Formed. All Physical Impressions Are The Carrying Out Of The Actions Of The Will And Intellect. Your Nervous Systems Are what They Are Today, because of The Way They Have been Exercised.



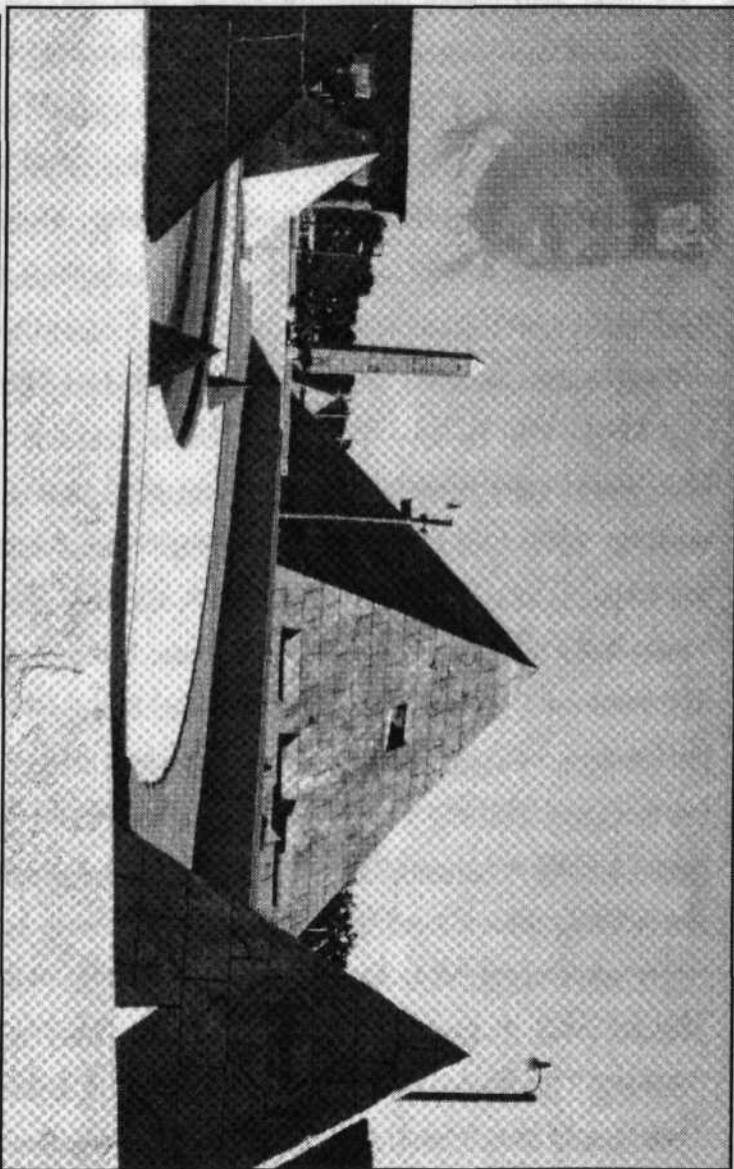
### *The Egyptian Way To Overcome Bad Habits*

As You Grow Older Most of You become More And More Like Automatic Machines. The Habits We Have Formed Increase In Strength Until They become You. Then They Rule You Or Even become An Addiction. Like Smoking, Drinking Alcohol, And Narcotic Addiction, Dancing, Music, And Sex. They Start As "Just" And End Up A Judgment In Your Life, And They Can Cause Your Very Death. If You Don't Learn To Concentrate On what We Are All About, Not What The World Has Made You believe You Are About You Will become Lost In A World Of Other Ways Of being And Doing Things. You Work In Your Old Characteristic Way. Your Associates Learn To Expect You To Do Things In A Certain Way And Many Times You Show Off To Impress Your Friends And Do Harm To Yourself. So You See That Your Habits Make A Great Difference In Your Life, And As It Is Just About As Easy To Form Good Habits As It Is bad, You Should Make It Your business As A Nuwaupian Of The Ancient Egyptian Order To Form Only The Good. No One but Yourself Is Responsible For Your Habits. You Are Free To Form The Habits That You Should And If Everyone Could Realize The Importance Of Forming The Right Kind Of Habits what A Difference World This Would be. The Devil Has His And Her bad Habits. You Should Not Take Part In Any of His Or Her Ways. Turn To



## *The Egyptian Way To Overcome Bad Habits*

Follow The Path That The Supreme Grand Hierophant Has Created And You Will Only Find Success.



## *The Egyptian Way To Overcome Bad Habits*

Your Own. How Much Happier Everyone Would Be If All Learn To Respect Each Other's Habits Or Customs. We Are Egyptians, Not Negroes Or Afro-Americans. We Must Practice Our Own Habits, Not Those Of Other Races, Or Customs. That Way All Will Be Happier. Then All Instead Of The Few Might Have Success.

Habits Are Formed More Quickly When You Are Young, But If You Have Already Passed The Youthful Plastic Period The Time To Start To Control Your Habits Is Right Now, As You Will Never Be Any Younger, And You Will Not Be Anyone, But Who You Are.

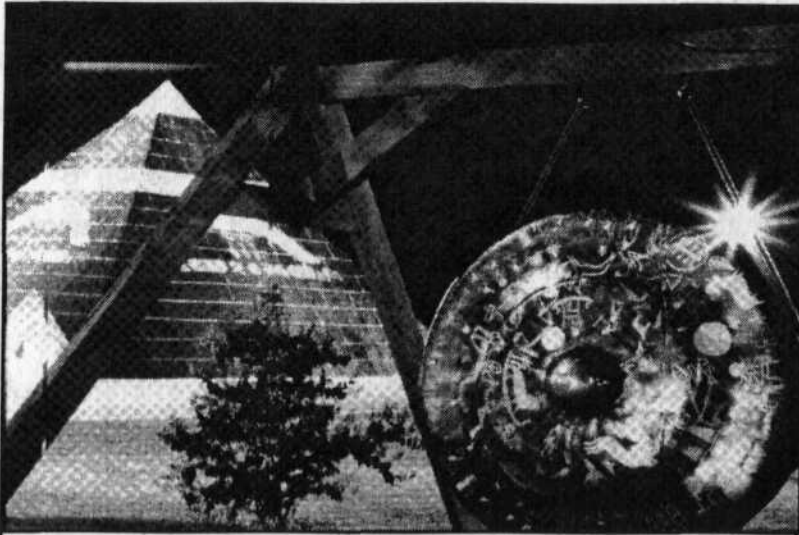
You Will Find The Following Nine Maxims Worth Remembering.

First Maxim: "You Must Make Your Nervous System Your Ally Instead Of Your Enemy. Stay In Control."

Second Maxim: "In Acquisition Of A New Habit, As In The Leaving off Of An old One, You Must Take Care To Launch Yourself With As Strong And Decided An Initiative As Possible. Remember You Have Seen Living And Taught Another Way Of Life, Their Religion, Their Gods, Their Concept On Beauty. Now You Must Form New Habits.

The Person Who Is In The Habit Of Doing The Right

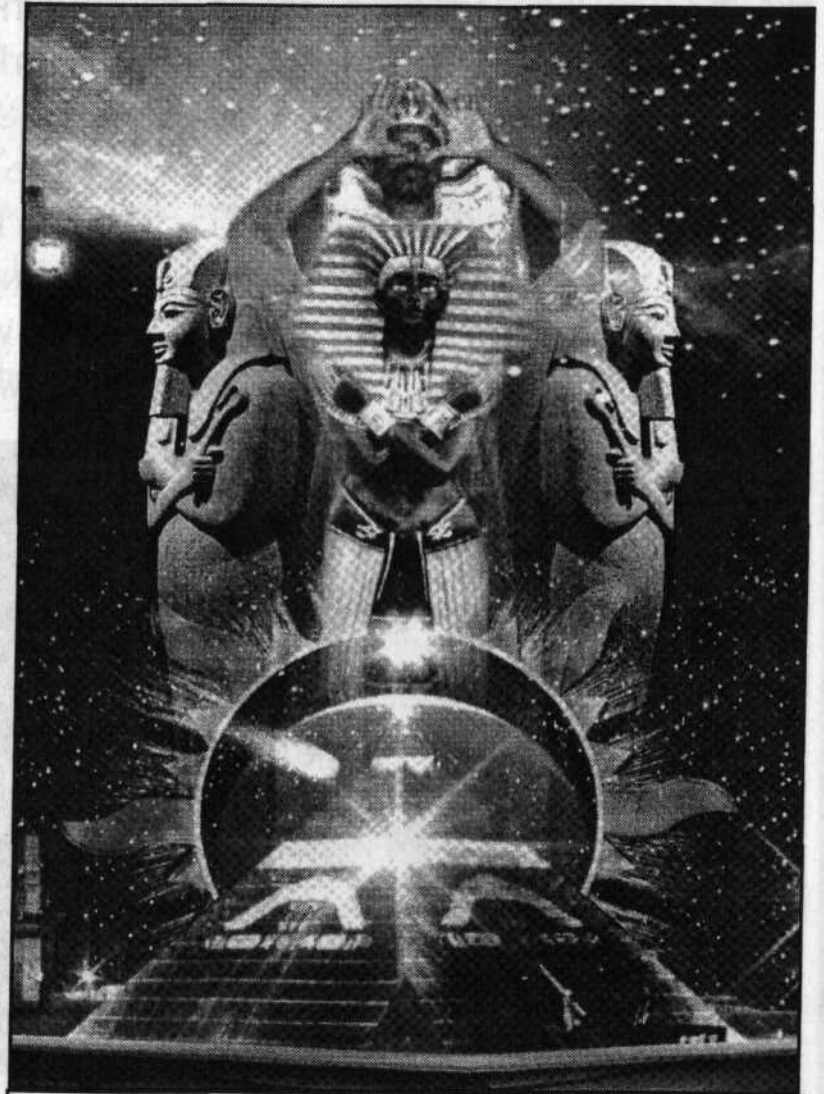
## The Egiptian Way To OvercomeBad Habits



**Breath Taking Panoramic Views, Await Those seeking True Peace And Tranquility.**

Thing Prom childhood, Has Only Good Motives, So It Is Very Important For You That You Concentrate Assiduously On The Habits That Reinforce Good Motives. Surround Yourself With Every Aid You Can. Don't Play With Fire by Forming 5ad Habits Or Hanging With 5ad People. Make A New Beginning Today As An Egiptian And Member Of The Ancient Egiptian Order. Study why You Have Been Doing Certain Things And You Will Find Your Bad Habits Come From The Devil Who Controls All You See Around You, but They Don't Have To Rule You. Turn To Self And Kind. Give

## The Egiptian Way To Overcome Bad Habits

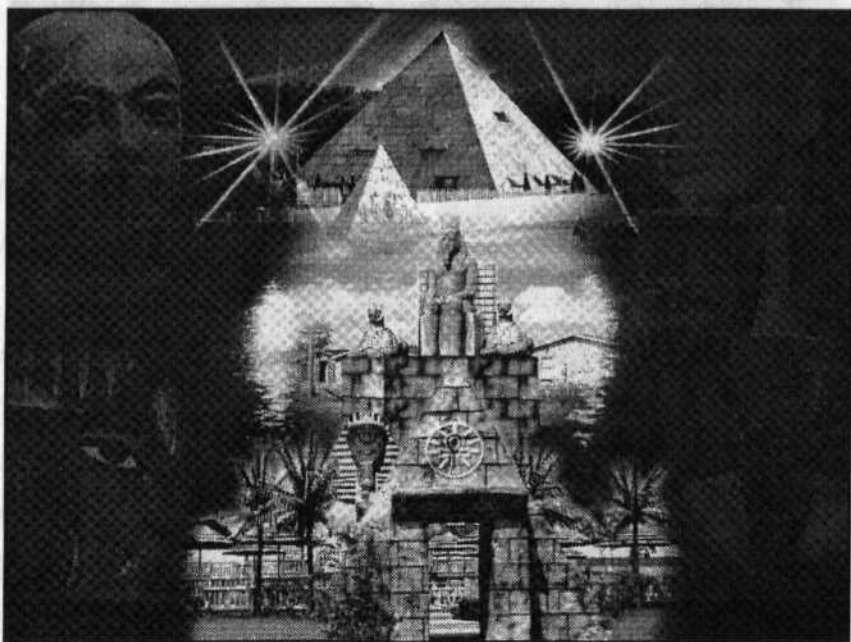


**Awaken the God Within As The Supreme Grand Hierophant Leads You Down The Road To Relinquishing Bad Habits.**



### *The Egyptian Way To Overcome Bad Habits*

Them Back Their Bad Habits, Customs And Ways. If They Are Not For Your Good, shun Them Henceforth, And They Are Not For Your Good As A Nuwaubian. They Feel Everybody Should Worship Them, Obey Them And Want To Se Like Them. If You Have Your Own Mind Or Your Own Religion Or Your Own Customs They Call You A Non-Conformist, A Cult And Anything They Can Get Away With To Make You Fear Them Into Submission of Who And What



Your Ancestors Patiently Await Your Arrival. Greet Them At The Sebkhet Gates.

### *The Egyptian Way To Overcome Bad Habits*

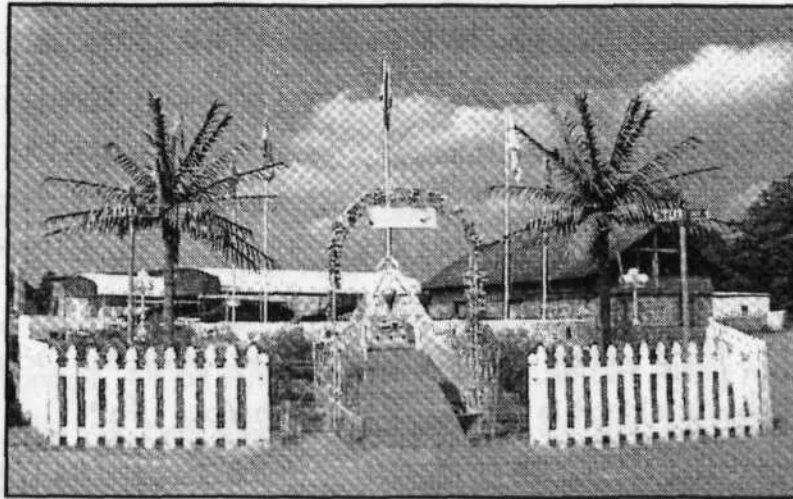
You Are, And To Pick Up Their Bad Habits. Don't Give In To A Single Temptation Of Theirs, For Every Time You Do, You Strengthen The Chain Of Bad Habits And The 6 Ether Spirit Force Bad, Against You. Every Time You Keep A Resolution You Break The Chain That Enslaves You And Gives Power To 9 Ether Forces, Good!

Third Maxim: "Never Allow An Exception To Occur Till The New Habit Is Securely Rooted In Your Life."

Here Is The Idea, You Never Want To Give In, Until The New Habit which Is Really Your old Habits Taken Away From You And It Is Fixed Or Else You Undo All what Has Been Accomplished By Previous Efforts, Your Own Power. There Are Two Opposing Inclinations. One Wants To Be Firm, And The Other Wants To Give In. By Your Will You Can Become Firm, Through Repetition. Fortify Your Will To Be Able To Cope With Any And All Opposition.

Fourth Maxim: "Seize The Very First Possible Opportunity To Act On Every Resolution You Make About Your New Found Way Of Life. You Are Home In Egypt. You Are On The Walls. Nobody Can Take That Pact From You, And On Every Emotional Prompting You May Experience In The Direction of The Egyptian Habits You Aspire To

## *The Egyptian Way To Overcome Bad Habits*



**Enjoy The Relaxing Therapeutic Smell Of The Rose Gardens; At "Tuti The Junction Of The Two Niles.**



**Come and enjoy one of the most peaceful environments Ever To Have Been Birthed Here in the west.**

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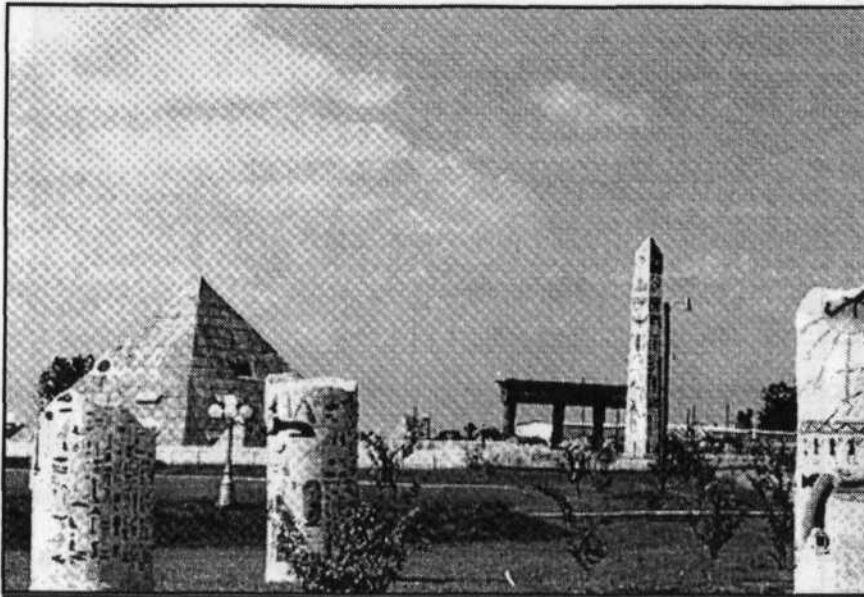
Gain."

To Malce A Resolution And Not To Keep It Is Of Little Value. To Turn Back To The Evil Ways Helps To Destroy Your People's Progress. So By All Means Keep Every Resolution You Malce, For You Not Only Profit By The Resolution, 5ut It Furnishes You With An Exercise That Causes The Brain Cells And Physiological Correlatives To Form The Habit Of Adjusting Themselves To Carry Out Resolutions, Commitments, Loyalty, Devotion, Things They Don't Want You To Have To Any 5ut Them And Theirs. "A Tendency To Act, 5ecom es Effectively Engrained In Us In Proportion To The Uninterrupted Frequency With which The Actions Actually Occur, And The Brain Grows To Their Use. "When A Resolve Or A Fine Glow of Feeling Is Allowed To Evaporate Without 5earing Fruit, It Is Worse Than A Chance Lost."

If You Keep Your Resolutions You Form A Most Valuable Habit. If You Break Them You Form A Most Dangerous One. So Concentrate On Keeping Them, whether Important Or Unimportant, And Remember It Is Just As Important For This Purpose To Keep The Unimportant Things, For By So Doing You Are Forming A Good Habit.



## *The Egyptian Way To Overcome Bad Habits*



**Visit The Sacred And Most Holy Land Of Tama-Re, And Touch The God Within.**


Fifth Maxim: "Keep The Faculty Of Effort Alive In You by A Little Gratuitous Exercise Every Day. be Thankful For The Truth About You Finally, For You Have Tried Everything From Everybody but Your Own Kind. You Now Have Your Story. The Right Knowledge, Right Wisdom And The Right Overstanding. You Have Your Own Language Nu-waupic For Your children. Your Own Game Called Wu-Nupu, Pronounced, "Woo-Noopoo or Nubu, Your Own Holy Land,

## *The Egyptian Way To Overcome Bad Habits*

Tama-Re, And Your Own Deities "Pa Neteraat", And Our Own Way Of Life Nuwaupu; Culture is Egyptian. You Are Now 5orn Again.

The More We Exercise Our Own Will, The Better We Can Control Our Habits, Lives And Future. "Every Few Days Do Something For No Other Reason Than Its Difficulty, So That When The Hour Of Dire Need Draws Near, It May Find You Not Unnerved Or Untrained To Stand The Test Of Time. Know who You Are And what You Are About At All Times. Asceticism Of This Sort Is Like The Insurance Which A Person Pays On Their Goods. The Tax Does Them No Good At The Time, And Possibly May Never Bring Them A Return, 5ut If The Fire Does Come, Their Having Paid It Will 5e Their Salvation From Ruin. So With The Person who Has Daily Insured Themselves To Habits Of Concentrated Attention, Energetic Violation, And Self-Denial In Unnecessary Things, They Will Stand Like A Tower when Everything Rocks Around Them And Their Softer Fellow-Mortals Are Like Dust Blown Away In The Blast.

The Young should be Made To Concentrate On Their Habits And be Made To Realize That If They Don't




### *The Egyptian Way To Overcome Bad Habits*

They Become Walking Bundles Of Injurious Habits. Youth Is The Plastic State, And Should Be Utilized In Laying The Foundations For A Glorious Future.

The Great Value Of Habit For Good And Evil Cannot Be Over Estimated. Habit Is The Deepest Law Of Mortal Nature. No Mortal Is Stronger Than Their Habits, Because Their Habits Either Build Up Their Strength Or Decrease It.

Sixth Maxim: Never Allow Yourself To Be Derailed From The Course Of Your Resolution. Always Be Alert And Aware Of Circumstances That Seem To Consistently Take You Off Course. You Must Always Focus And Concentrate On All That You Do Even Down To The Smallest Of Tasks. Always Remember That Your Works Speak For Themselves. If You Carry Out A Task With A Lackadaisical Attitude And Without Much concern It Will Show In The End Result of Your works. If You Continue To Carry Out Task With That Type Of Laid Back Attitude You Will Become Labeled For It And Never Relied On By Others. Visualize In Your Minds Eye The End Result Of Your Resolution And Make That Your Main Objective. The Mind Or Thoughts Are Very Powerful And Can Manifest whatever Is Put Before It. Your World Is The Materialization of Thought Forms Of Divine Intelli-




### *The Egyptian Way To Overcome Bad Habits*

gence.

Seventh Maxim: Listen To Your Body, It Has All The Answers. Stop Looking Outside of Yourself For The Answers To Your Problems. You Are In Control So Listen To The Voice Within, of Agreeable Things And Beware Of complaints Of The Disagreeable Mind. Physical Pain In The Body Is A Warning, Like The Red Engine Light In A Car. The Body Is A Durable Piece Of Machinery And Can Take Quite A Bit Of Abuse Before Giving Any Warning Signs. Unfortunately We Have Strayed Away From Our Ancient Egyptian Practices And Ignore The Basic Rules Of Health. With A Sound Mind And body One Can Accomplish Anything Ever Overcoming Inherited Bad Habits. Relaxation And Proper Breathing Is The First Step To A Sound Mind which Will Lead To A Sound Body. In Order To Hear The Answers Within Yourself You Must Have Silence.. Proper Diet And Exercise Will Give You The Physical Strength To Execute Your Resolution Successfully.

Eighth Maxim: Remember, That The Road To True Recovery From Bad Habits ( Such As Smoking,






## The Egyptian Way To Overcome Bad Habits

Drug Addiction, Eating Disorders, Obsessions With Guns, Violence And The Likes), Can Only Be Changed If One Admits To The Problem Another Mind. You Are Out Of Your Own Mind And In Another. No True Progress Can Be Made Unless The Person who Has The Problem First Admits To Their Bad Habits. When One Makes A Commitment To change Then They Are On The Right Path To Successful Recovery Back To Self.

Ninth Maxim: Learn To Love Yourself And Your Kind. This Is A Very Essential Resolution To Fulfill. For In Loving Yourself, Your Egyptian Way Of Life, Your Blackness, Your Kingly 9 Either Hair, Your Nose, And Lips You Become Aware Of All. Make The Resolution To Love Your Kind As Much As You Do Yourself, Because We Are All In All. Respect Yourself And Kind. You Don't Have To Seek To Love All, It Should Come Naturally. You Don't Have To Long To Hear All, It Should Come Naturally. What Of Those People Who Were Born Without Sight And Without The Ability To Hear, Are They Deprived Of Ever Seeing Or Hearing All?




## The Egyptian Way To Overcome Bad Habits

Why You Are Creatures Of Habits.

Habits Have Often Called A Labor-Saving Invention, Because When They Are Formed They Require Less Of Both Mental And Material Strength. The More Deeply The Habits Becomes Ingrained, The More Automatic They Become. Therefore Habit Is An Economizing Tendency Of Your Nature, For If It Were Not For Habit You Would Have To Be More Watchful. You Walk Across A Crowded Street; The Habit Of Stopping And Looking Prevents You From Being Hurt. The Right Kind Of Habits Keeps You From Making Mistakes And Mishaps. It Is A Well Known Fact That A Chauffeur Is Not Able To Master Their Machine Safely Until They Have Trained Their Body In A Habitual Way. When An Emergency Comes They Instantly Know What To Do. Where Safety Depends On Quickness The Operator Must Work Automatically. Habits Means Less Risk, Less Fatigue, And Greater Accuracy.


"You Do Not Want To Become A slave To Hab-



### *The Egyptian Way To Overcome Bad Habits*

its Of A Trivial Nature." In Order To Over Come Undesirable Habits, Two Things Are Necessary. You Must Have Trained Your Will To Do what You Want It To Do, And The Stronger The Will The Easier It Will Be To Break A Habit. Then You Must Make A Resolution To Do Just The Opposite Of What The Habit Is. Therefore One Habit Must Replace Another. One Way Of Life Must Replace Another. If You Have A Strong Will, You Can Tenaciously And Persistently Concentrate On Removing The Bad Habit And In A Very Short Time The Good Habit Will Gain The Upper Hand.

No Human Enemy Can Be As Insidious, So Preserving, As Unrelenting As An Unfavorable Habit. Their Ways Are Like A Parasite That Grows With The Growth Of The Supporting Body, And Like A Parasite, It Can Best Be Killed By Violent Separation And Crushing. when Life Is Stormy And AN Seems Against You, That Is when You Often Acquire Wrong Habits, And It Is Then, That You Have To Make A Gigantic Effort To Think And Speak As You Should; And Even Though You May Feel The Vert) Reverse At That Moment, The Tiniest Ef-



### *The Egyptian Way To Overcome Bad Habits*

fort Will Be Backed Up By A Tremendous Power And Will Lift You To A Realization Never Felt Before. It Is Not In The Easy, Contented Moments Of Your Life That You Make Your Greatest Progress, For Then It Requires No Special Effort To Keep In Tune. But It Is When You Are In The Midst Of Trials And Misfortunes, when You Think You Are Sinking, Being Overwhelmed, Then It Is Important For You To Realize That You Are Linked To A Great Power. And If You Live As You Should, There Is Nothing That Can Occur In Life, Which Could Permanently Injure You. Nothing Can Happen That Should Disturb You. So Always To Manifest Itself In The Form which Fills Your Need At The Moment. If When You Have Something Difficult To Solve, You Would Be Silent Like The Child, You Can Get The Inspiration When It Comes; You Will Know How To Act, You Will find There Is No Need To Hurry To Disturb Yourself, That It Is Always Wiser To Wait For Guidance From Within, Than To Act On Impulses From Without, And



## The Egyptian Way To Overcome *Bad Habits*

That Guidance From Within Is The Seat Of A ALL. Peel And Remember You Have Within You Unlimited Power, Ready Learn To Think Like A Neteru. Talce Control Of Your Life As An Egyptian. Don't Settle For Other's Way Of Life That You See Don't Work For You And Kind. Make Things Worlc For You And Kind. Create Your Own Way. 6e An Egyptian. That's You All The Way. No One Can Talce That From You. Stand Up And Let The World Know That You Will Never 5e Fooled Again With Other's Bad Habits.

Learn To Have Love Of Self And Kind. In Loving Ones Self You Become Aware Of Alll. Make The Reso- lution To Love Your Kind As Much As You Do Your- self. Respect Yourself And Kind. You Don't Have To Seek To Love All. It should Come Naturally, You Don't Have To Long To Hear Pa Neteraat, It Should Come Naturally. what Of The People Who Are Born Blind And Death, Do They Never See Or Hear, But they Feel Love. True Love, Divine Love Is The Masters Key. Love Your Own Image.

## The Egyptian Way To Overcome *Bad Habits*

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